

# THE RUTHERFORD Report

THE NEWSLETTER OF SECOND DISTRICT SUPERVISOR JANICE RUTHERFORD

Fall 2013



The highest use of capital  
is not to make more  
money but to make  
money do more for the  
betterment of life.

— Henry Ford

## Hands-Only CPR Can Save a Life

The key to staying alive is a pumping heart.

On average, about 89 percent of people who suffer from cardiac arrest outside of a hospital die because they don't receive immediate cardiopulmonary resuscitation, better known as CPR.

That's why everyone should know how to perform this lifesaving technique.

About three years ago, the American Heart Association (AHA) began emphasizing the need to do chest compressions without the mouth-to-mouth breaths that have been standard with CPR for more than 40 years.

The idea behind the change is simple: There's already oxygen in a person's blood stream when they suffer from a sudden cardiac episode, so rescue breaths aren't as

HANDS-ONLY, PAGE 2

## Businessman is Quiet Community Benefactor



Photo by Mountain News

Rimforest resident Butch Baumann, 69, has done a lot over the years to support the mountain communities, but he's always been reluctant to accept any recognition for the good deeds he's done.

"I'm known as the quiet hero," Baumann said. "I don't go out there and campaign about what I'm doing.

I just get the job done."

In 1949, Baumann moved to Rimforest with his parents who had bought a grocery store in the community. His

mother later worked as one of the first nurses at Santa Anita Hospital, which is today Mountain Communities Hospital.

At 18, Baumann landed a part-time job at Rim Forest Lumber while also working as a paid-call firefighter for the Crest Forest Fire Protection District.

Later on, he bought full ownership of the lumber company, but he continued serving with the Fire District for more than 30 years and helped protect mountain communities during many major wildfires including the Panorama and Bear fires.

BENEFACTOR, PAGE 2

## HANDS-ONLY, PAGE 1

important as keeping oxygen flowing to the brain and heart muscles through effective CPR.

The new method is called hands-only CPR and trainers often teach people to do chest compressions to the beat of “Staying Alive” by the Bee Gees.

If you’re not a disco fan, don’t worry. You can use any song you want as long as the beat helps you do at least 100 chest compressions every minute.

Many local cities and agencies offer comprehensive CPR training courses that cover a range of lifesaving techniques, but learning hands-only CPR is as easy as visiting this link [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr) on the American Heart Association’s website.

Calling 911 is the first thing you should do in any situation where a person appears to suffer from cardiac arrest—i.e. the person passes out, is unresponsive and is not breathing normally.

If you don’t know CPR, the 911 dispatcher will tell you how to perform chest compressions, but it’s better if you already have some knowledge of this lifesaving technique.

Lay the patient on his/her back and place the palm of one hand in the center of the patient’s chest. Then place the

palm of your second hand on top of your other hand and lace your fingers together.

Lock your elbows so your arms are straight and position your shoulders directly above the center of the patient’s chest. This will allow you to use the weight of your upper

body to compress the person’s chest rather than just your arms.

Begin compressing the person’s chest quickly to ensure at least 100 compressions every minute.

Hum the tune “Staying Alive” if it helps.

Be sure to allow the person’s chest to recoil completely each time. Push hard and fast.

Unless the patient wakes up and is alert, you will need to continue doing chest compressions until paramedics arrive.

You might break the patient’s rib doing compressions, but a broken rib is a minor price to pay for staying alive.

The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose or people who collapse due to breathing problems.

Remember to visit the American Heart Association website at [www.heart.org](http://www.heart.org) to learn more about hands-only CPR.

### Two steps to save a life:



## BENEFACTOR, PAGE 1

Baumann joined the Lake Arrowhead Communities Chamber of Commerce after he bought the lumber company so he could network with other business owners in the community.

He also joined the Lake Arrowhead Rotary Club and later helped start the Mountain Sunrise Rotary Club, which hosts morning meetings to accommodate local business people whose busy schedules preclude them from attending lunchtime gatherings.

As a Rotarian, Baumann helped coordinate the placement of a restroom at the picnic area at the top of Two Mile Road after the U.S. Forest Service indicated that the picnic area might be closed.

“I thought we really needed that picnic spot along Highway 18, so we partnered with the Forest Service and got some grants from Rotary to build the restrooms.”

Over the years, Baumann has also helped a number of local boys complete Eagle Scout projects throughout the mountain communities.

He’s been a major contributor to Rebuilding Together—a nonprofit organization that provides materials and volunteers to help rebuild and restore the homes of less fortunate mountain residents.

When the Old Fire devastated mountain communities in 2003, Baumann set up lines of credit and sold supplies at cost to residents, many of whom didn’t have enough insurance money to pay for repairing all of the damage.

“I think the community, throughout the years, has been really good to Rim Forest Lumber, and helping out is just a way to give back to the community,” he said.

# LAFCO Looks Towards the Future

The San Bernardino County Local Agency Formation Commission helps define the identity of the county's unincorporated communities and its 24 incorporated cities.

The agency—commonly referred to by its acronym, LAFCO—is not a County department. It is an independent regulatory commission that oversees city and special district boundaries and the provision of certain municipal services.

State lawmakers created LAFCOs 50 years ago to get a handle on the state's rapid growth and to discourage urban sprawl that was occurring as a result of haphazard community planning.

All 58 counties in the state have their own LAFCOs to regulate city boundaries and special districts, which provide public services such as fire protection, water, sewer, recreation and utilities. But the agencies normally get scant public attention.

"We are not on anyone's radar until they need us or don't like what we're doing," San Bernardino County LAFCO Executive Director Kathleen Rollings-McDonald said.

Annexation and cityhood are two the hot-button topics that gets LAFCO the most attention.

If a city wants to expand its boundaries, it has to go through LAFCO, and if an unincorporated community wants to become a city, it has to get LAFCO's blessing to earn cityhood.

When LAFCO reviews proposals to create new cities or expand existing ones, the primary focus is long-term sustainability.

If the agency reviews a cityhood proposal and determines the community won't generate enough revenue to support itself in the years to come, LAFCO will likely deny the request. Likewise, if a city asks to incorporate an area without illustrating how it will provide its new residents with basic services such as fire protection, water, sewer, road maintenances and so on, LAFCO will probably say no.

"We stand in for the future property owners and users of those services," Rollings-McDonald said.

LAFCO staff members also regularly provide planning guidance to counties and incorporated cities in hopes of encouraging development that can stand the test of time.

In addition, LAFCO conducts regular Municipal Service Reviews that take a comprehensive look at the services being provided by government agencies in specific geographic areas. Some of the questions asked and answered during the reviews include: Are service providers are financially capable of continuing to provide public services? Have they planned for future growth? Are their opportunities to provide services more efficiently?

The seven-member San Bernardino County LAFCO includes two county supervisors, two city council members selected by the mayors of the County's 24 cities, two members from local special district boards of directors, and one public member not affiliated with county, a city or a special district governments. In addition, there are four alternate members to represent the county, cities, special districts, and the public. Visit the San Bernardino County LAFCO website at [www.sbclafco.org](http://www.sbclafco.org) for more information about the agency.

## 2nd District Trivia

**Last Issue's Answer:** The Virginia Dare Winery in Rancho Cucamonga was previously known as the Mission Winery.

**Question:** What famous Inland Empire resident started a grape-growing co-op called the Cucamonga Vintage Company?

## Contact Information

### Main Office

385 N. Arrowhead Avenue, Fifth Floor  
San Bernardino, CA 92415  
(909) 387-4833

### District Office

8575 Haven Avenue, Suite 110  
Rancho Cucamonga, CA 91730

<http://sbcounty.gov/rutherford>  
[SupervisorRutherford@sbcounty.gov](mailto:SupervisorRutherford@sbcounty.gov)



# Mom Turns Passion into Small Business

Michele Pullo wondered about the direction her career was headed after the terrorist attacks on 9/11, so she quit her job selling airfreight services and began taking classes to become a yoga instructor.

“I just felt like I needed to do something that helped people,” the Rancho Cucamonga resident said.

Pullo had been interested in yoga for several years, and as a former professional dancer, she had a knack for the movement and balance yoga requires.

In 2007, a couple of years after she had her first child, Pullo began teaching yoga classes for children. She enjoyed working with the youngsters, and she could see how yoga was helping them gain better balance and, perhaps, a little inner peace. But Pullo also realized kids needed more than just yoga to be happy, calm children.

“If they were stressed out about a test, they weren’t going to just stand on their head or do a tree pose in the middle of class,” she said. “I wanted to teach them something more specific, something they could use anywhere.”

Pullo began learning about stresses children face every day such as bullying, academics, school safety, and so on, and she also studied a variety of methods to help kids deal with those anxieties.

“We can’t protect them from the world, but we can give them tools to help them deal with those pressures,” she said.

That was the beginning of Pullo’s small business—happycalmchild. The name says it all. Pullo’s mission is to help children develop skills that help them cope with stress and channel the seemingly boundless energy inside them.

During Pullo’s happycalmchild classes, youngsters between the ages of 3 and 12 do yoga and other movement, play focus and trust games, participate in breathing exercises and, in general, learn how to be more relaxed.

“A lot of these games and exercises are very simple, but there are a lot of levels to them,” she said.

One of the children’s favorite is the imagination exercise. Kids lie on the floor and with their eyes covered with eye pillows as Pullo tells them a positive, happy story.

“I know so many kids who have an activity every day of the week. They are just wiped out. If you don’t learn how to relax as a child, you won’t know how to do it as an adult, and that can cause all kinds of health problems,” she said.

Some of the older children in Pullo’s classes also participate in journal and drawing exercises to help them learn how to express themselves and illustrate what makes them happy. In addition to her happycalmchild classes, which take place at several preschools in Rancho Cucamonga and Upland, Pullo shares her knowledge with parent groups, and she is also in the process of creating a video parents can use to teach their children calming methods at home.

Learn more by visiting [www.happycalmchild.com](http://www.happycalmchild.com).

## Upcoming Events

Oct. 12	The annual Pine Cone Festival will take place from 10 a.m. to 4:30 p.m. at Rotary Centennial Park, 675 Grandview Rd., Twin Peaks.
Nov. 2	Crestline Friends of the Library will host A Taste for Literacy from 5 to 7:30 p.m. Call (909) 553-0324 for information.
Nov. 2	Mountain Sunrise Rotary Club will host its annual charity auction from 1 to 9 p.m. at the Lake Arrowhead Country Club. Call (909) 337-9100 for more information.
Nov. 28	The annual Upland Turkey Trot 5k run/walk and 1k kiddie trot begins at 6:30 a.m. Call (909) 931-4280 for information.
Dec. 7	The mountain community of Blue Jay will host a Christmas parade at 1 p.m. in the downtown area.
Dec. 12	San Bernardino County Board of Supervisors Chair Janice Rutherford will host a Christmas open house at her district office at 8575 Haven Avenue in Rancho Cucamonga. Guests are encouraged to donate a new, unwrapped toy. Refreshments and entertainment will be provided.
Dec. 14	Devore will host its annual Christmas parade and potluck dinner starting at 4:30 at Kimbark Elementary, 18180 Kenwood Ave.
Dec. 14	The City of Fontana will host a Christmas parade starting at 10 a.m. at Sierra Avenue and Arrow Route.

Dates and times are subject to change without notice. Please contact Supervisor Rutherford’s office at (909) 387-4833 if you have any questions or suggestions for the Events Calendar. You can view information about more local events on Supervisor Rutherford’s home page at [www.sbcounty.gov/rutherford](http://www.sbcounty.gov/rutherford).